**Well-being**

I hope you had a go and enjoyed some of the activities linked last week. This week’s weekly well-being activities are linked below. Every week we encourage that your child choose at least 2 activities to complete over the course of the week. Time before lesson routines, as a break from lesson content or at the end of the typical school day (3.15) are all possible times to take up one of the activities. This week’s well-being options are:

* **Be active**– Go for a walk, jog or run. Ride your bike or take your skateboard or scooter out. Try to get at least an hour of activity a day. You’ll be surprised how much better you feel.
* **Create** – Learn origami. There are lots of tutorials on line. Try this one for a butterfly or find your own: <https://www.youtube.com/watch?v=cZdO2e8K29o>
* **Take notice** – Take a virtual tour of a National Trust property. Follow the link and pic a property to explore: <https://www.nationaltrust.org.uk/lists/virtual-tours-of-our-places>
* **Stay connected** – Make a plan to have a socially distanced catch up with friends you have not seen in a while.
* **Give** – talk to your parents or carers and see if you can help make dinner. Maybe you feel confident to have a go by yourself but **remember to ask permission first.**